

Spectrum Sun

Your gifts at work for teenagers & young adults

THANK YOU

This issue of the *Spectrum Sun* features stories of youth who are thriving today because of your generous support!



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SPECTRUM
YOUTH & FAMILY SERVICES

Karina was Sleeping in a Cold Storage Unit ...

Your gift provided a safe and warm place for Karina to sleep, eat, and study

Thanks to your generosity, Karina finally felt safe and secure after months of living in unthinkable places.

Karina was attending college and working full-time when her landlord unfairly kicked her out of her apartment.

"Where do I go? What do I do?" said Karina as she walked down the street with all of her belongings

stuffed into a duffle bag and a trash bag. Exhausted, she went to the local laundromat and fell asleep.

"I slept in gas station bathrooms... just crazy situations," said Karina.

Then Karina rented a small storage unit and slept there while working and going to school. When the

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THANK YOU FOR PROVIDING SAFETY AND WARMTH TO HOMELESS YOUTH



MARK'S MISSION MOMENT

The past year has been difficult, challenging, and isolating.

But your generous support has been life-changing during one of the darkest and loneliest seasons.

“Even when I thought I was alone, I wasn’t alone,” said a young woman your gift helped.

Thank you for being there when teens and young adults needed you the most.

It takes a village of supporters to make this work possible, and I’m so grateful for you. Whether it’s a teacher who says, “You can do this.” A case manager who says, “Let’s help you carve out a life for yourself.” A parent who says, “I love you just the way you are.”

Or you, the donor, who says, “I want to make sure you have what you need. That you are taken care of.”

It takes a village. Thank you for being a part of ours. Our youth need you.

Thank you,

Mark Redmond
Executive Director



“Thank you so much for giving me an opportunity to have a good life, a better life that I wanted.”

A Better Life, Thanks to YOU!

Within a few months, Dominic got two promotions and became a trainer at Detail Works

Dominic was physically and emotionally abused throughout his life. His parents were barely around and he always felt alone.

Dominic didn’t have a support system until he was able to be part of an amazing team at *Detail Works*, our full-service car detailing enterprise that employs Spectrum youth and provides basic job skills in a supportive atmosphere.

Because of you, Dominic was able to find a stable living situation and a great job that helped him to work toward a brighter future.

After three months of working, Dominic was promoted twice and became a trainer.

From headlight restoration to buffing and waxing, Dominic learned new skills that have motivated him to succeed.

“It’s because of the Drop-In Center and Detail Works that we’re able to learn and grow. They’re teaching us what we need to know so we have the skills for our future. We’re stronger and better because of it.”

Despite a difficult life, Dominic has remained positive. “Life is hard. It’s going to throw stuff at you, but it’s what you do with that stuff that matters—and how you do it,” he said.

“Thank you so much for giving me an opportunity to have a good life, a better life that I wanted,” said Dominic.

You Helped Amara Rebuild Her Life

Amara had nowhere to go until you provided her with the shelter and care she needed

Because of you, Amara now has a safe place to call home, a new job, and a chance to go to college to pursue her dream of being an anesthesiologist.

But the road wasn’t always easy. Born in New York to immigrant parents, Amara lived in France as a young child before moving to Canada. Her life took a terrible turn when her mom kicked her out without explanation. On top of that, her visa didn’t allow her to stay in Canada, so she drove to Vermont with no idea how she would survive.

“I didn’t think I was going to live for a long time,” Amara said. “Because I thought someone will hurt me or I was going to starve.”

Thankfully, Amara got connected with Spectrum and was welcomed into a caring and loving community.

Because of your support, when Amara came to the Drop-In Center, she was able to get a shower, new clothing, hot meals, and a warm bed. Amara worked hard to rebuild her life in a new place and a new country.

“Amara’s optimism, sense of humor, and compassion

spreads over the room. Her resilience, strength, and kindness have amazed us,” said the staff.

A few months after that lonely and fearful drive towards the border, Amara was able to find stable housing with a family she adores.

Amara now has a job as a phlebotomist and is going to college to pursue her dream of becoming an anesthesiologist.

Thank you for helping Amara restart her life!

“I had nothing and people helped me. I felt like I was still part of society. I wasn’t completely left out.”



Karina is Safe Because of You *Continued from pg. 1*

owner discovered her living there, she had to leave. She had nowhere to go.

Karina felt hopeless until she walked into Spectrum’s Drop-In Center and was greeted with compassion. Because of your gift, Karina was given a room, a comfortable bed, and a warm, home-cooked dinner.

“The staff were very welcoming, and it just made me feel so safe. It was the opposite of what I had

been feeling and it felt so good to take a deep breath and just say, ‘okay, I’m going to be fine.’”

After everything Karina had been through, she earned a 3.8 GPA that semester and even got promoted at her job. You provided Karina with life-changing safety and care that helped her to thrive.

“Now that I know that there are people out there that care, it just makes living each day even better and it makes me want to do the best that I can.”

Learn how you can provide one night of safety

**Your gift of
\$8.91 provides
a night of safe
shelter and care
for a young
person in need!**



A Teen Needs Safe and Warm Shelter This Winter

Today, a local homeless teen needs your help.

The nights are so cold now, and a homeless youth needs a safe, warm place to sleep tonight.

Your special gift will provide safe and warm housing to a young person in desperate need.

Winter is the worst time to be homeless, and your gift is needed now more than ever.

For just \$8.91 a night, you can provide safe shelter for a local homeless teen or young adult.

Your generosity will be the first step for a homeless teen to get back on their feet. Your gift will make sure they receive safe shelter, counseling, job coaching, and other life-changing care.

But it all starts with the first night off the streets and in a safe, warm place. I hope you'll help today.

Our Mission & Vision

Our mission is to empower teenagers, young adults, and their families to make and sustain positive changes through prevention, intervention, and life skills services.

Stay connected



SPECTRUM
YOUTH & FAMILY SERVICES

31 Elmwood Avenue
Burlington, VT 05401
(802) 864-7423
SpectrumVT.org

To protect the privacy of the youth you have helped, photos, names, and other identifying details may have been changed.

PROVIDE SAFE SHELTER AND CARE TODAY!

☒ **YES, Mark! I want to help teens and young adults get safe and warm shelter and other life-changing care this winter.**

Here is my gift of:

- ☐ \$26.73 to provide 3 nights of safe shelter and care
- ☐ \$62.37 to provide 1 week of safe shelter and care
- ☐ \$124.74 to provide 2 weeks of safe shelter and care
- ☐ \$267.30 to provide 1 month of safe shelter and care
- ☐ \$_____ to provide as much help as possible



To give online visit: donate.spectrumvt.org/wintershelter